

Sport and health tent camp (2023)

We invite you to spend a wonderful vacation in the Altai Mountains in a tent camp in the Uimon valley. A special feature of our program is daily hiking, different in terms of difficulty and duration, but they are all done light, without any backpacks!!! During the week-long program you will visit the most interesting and attractive places of Ust-Koksinsky district: the Multinskie Lakes, Krasnaya Mountain, the Bashtalinskie lakes, headwaters of the Big and Small Gromotukha river, Altaika Mountain and a sacred spring with silver water, get acquainted with medicinal herbs of Altai, touch the old believer culture and get acquainted with the heritage of the Roerich family in Verkhniy Uymon. Our camp is located on a huge green area surrounded by birch forest, just 100 meters away from the beautiful Katun river, where you can swim in warm weather. From the northern side you can see the Terektinsky ridge, and from the southern and western ones - the Katun ridge. Come to plunge into the atmosphere of harmony and beauty, to be filled with pure energy of the Altai Mountains, to sit at the evening party under the starry sky, to find new friends and perhaps renewed yourself!

We have created the most comfortable conditions for you:

- tent camp;
- summer cafe with a real Russian stove;
- comfortable toilets and shower cabins;
- fire place for evening get-togethers;
- bathhouse (banya) for 10-12 persons;
- garden houses;
- free Wi-Fi

Daily schedule:

08:00 - 8:45 - morning workout (for those wishing - daily morning yoga from 7:15 till 9:00) or qigong classes by the Katun river
 09:00 - breakfast
 10:00 - start of itinerary (lunch - picnic on the route)
 17:00-19:00 - return from trekking, time for rest
 19:00 - dinner
 20:00 - evening fire, guitar songs

Trip Description

Type of tourism: hiking
 Number of tourists in a group: 5-20 persons
 Duration: 8 days
 Longevity of active part: car (246 km) + hiking (80 km)
 Group is accompanied by: 1-2 guides
 Age limit: 0 to 16 years accompanied by adults

Daily itinerary

0 day	Gorno-Altai - Ust-Koksa. Departure from Gorno-Altai at 11:00 (airport). Local time, difference with Moscow is +4 hours. Arrival in Ust-Koksa by bus from Gorno-Altai at 17:00. Accommodation in the tourist complex. Safety briefing. Radial hike to the hilltop or walk to the confluence of the Koksa and Katun rivers. Meal on the way at own expense.	Way of travelling: bus/minibus Distance: 375 km / 3 km Meal: dinner - in a cafe Accommodation: tents
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1 day	Tour to Bashtalinskoe Lake Transfer to the UAZ to the Bashtala village, to the Bashtala plateau. First stop at the Cedar Glade, which offers an amazing view of the beautiful Belukha. Belukha is the highest Siberian peak. Glaciers on its slopes, with a total area of 70 sq. km, give rise to the sources of the amazingly beautiful and largest river in the Altai Mountains - Katun. According to one of the Asian legends, Mount Belukha is the future Northern Shambhala. This place is associated with the name of Nicholas Roerich. Then climb to the high plateau (2400 m). You can enjoy an amazing view of the Bashtalinsky Lake here.	Way of travelling: on foot Distance: 16 km, 12 km Meal: breakfast in cafe, lunchbox, dinner in cafe Accommodation: tents
2 day	Meeting with a herbalist and a museum of gems A meeting with an herbalist and an informative story about the healing properties of herbs of the Altai Mountains will finish with a tea ceremony and tasting of the most fragrant herbal teas with alpine honey. After the excursion you visit the Museum of gems in the village of Verkhny Uymon.	Distance: 16 km, 2km Meal: breakfast, lunch, dinner in cafe Accommodation: tents
3 day	Excursion to Krasnaya Mountain (by UAZ or GAZ-66). Breathtaking views of the mountains, alpine meadows, 3 mountain lakes - lower, middle and upper. Lower and middle lakes are connected by a beautiful waterfall. Picnic by the lower lake.	Way of travelling: GAZ-66 (UAZ) / on foot Distance: 100 km / 7 km Meal: breakfast in cafe, lunchbox, dinner in cafe Accommodation: tents
4 day	Ascent along the Multa river to the mountain lakes. Ascent along the river Multa to Lower Multinskoe Lake. On the way there are a lot of mushrooms and berries. Going out to the lake, located at an altitude of 1710 meters. The mirror-like surface of the lake, 2370 meters long and up to 900 meters wide, in quiet weather reflects the clouds floating in the blue sky and the tops of the nearby mountains. Usually, there is grayling in the lake. After lunch tour to Middle Multinskoe Lake.	Way of travelling: GAZ-66 (UAZ) / on foot Distance: 44 km / 7 km 3 km Meal: breakfast in cafe, lunch and dinner cooked on fire Accommodation: tents
5 day	Radial hike to a high mountain lake Kuyguk. Near the lake there is a waterfall of the same name (the height of the fall is 25 m). The group can split up here. Tourists can relax and commune with nature on the lake; those who want vivid impressions will take a radial excursion to the Kuyguk glacier (2500 m).	Way of travelling: on foot Distance: 20 km Meal: breakfast, lunch and dinner cooked on fire Accommodation: tents
6 day	Descent from the Multinskies Lakes. Departure to Gorno-Altaysk / Barnaul (Novoaltaysk) / Novosibirsk. Descent from the Multin lakes on foot to the village of Multa-Maralnik (13 km). Transfer to Ust-Koksa village. Dinner. Rest.	Way of travelling: on foot / car Distance: 13 km / 44 km Meal: breakfast cooked on fire, lunchbox, dinner in cafe Accommodation: tents

7 day	Departure to Gorno-Altaysk (03:00) Barnaul (Novoaltaysk) / Novosi-birsk. In the morning returning equipment. Half-day excursion to village of Verkhniy Uymon, one of the oldest villages of Ust-Koksinsky district. The village was founded by old believers about 300 years ago. There are two museums in the village: the Museum of Local History named by N.K. Roerich and the Museum of Old Belief. After lunch lunch departure to Gorno-Altaysk at 15:00 (local time, the difference with Moscow +4 hours). Arrival in Gorno-Altaysk at 21.00. Hotel accommodation (by yourself) Recommended hotels: "Lyubimyi" (S. Maima), "Igman" (Gorno-Altaysk). Transfer to the airport by yourself. Taxi Maxim +7 (38822) 2-44-44 (Estimated cost 200 rubles).	Way of travelling: car /minibus Distance: 24 km, 375 km. Meal: Breakfast, lunch in a cafe, dinner on the way is paid by yourself
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Dates & Prices

11-06-2023 - 18-06-2023, days total: 8, price: 35 820
 18-06-2023 - 25-06-2023, days total: 8, price: 35 820
 25-06-2023 - 02-07-2023, days total: 8, price: 35 820
 02-07-2023 - 09-07-2023, days total: 8, price: 35 820
 09-07-2023 - 16-07-2023, days total: 8, price: 35 820
 16-07-2023 - 23-07-2023, days total: 8, price: 35 820
 23-07-2023 - 30-07-2023, days total: 8, price: 35 820
 30-07-2023 - 06-08-2023, days total: 8, price: 35 820
 06-08-2023 - 13-08-2023, days total: 8, price: 35 820
 13-08-2023 - 20-08-2023, days total: 8, price: 35 820
 20-08-2023 - 27-08-2023, days total: 8, price: 35 820

Transfer to Ust-Koksa:

Gorno-Altaysk - Ust-Koksa - Gorno-Altaysk - 5600 rub.

10% discount for children under 14 years

You can come by your own car. There is a free secured parking.

Living conditions:

Economy 2-bed tents, tourist mats, sleeping bags, inserts in sleeping bags.

Price:

Type of accommodation	(8 days/7 nights), RUB per person	1 night (accommodation less than 7 days), RUB per person
ECONOM	39800	4975

what to pack

Take with you

- warm jacket
- waterproof clothing (raincoat, jacket, pants)
- trekking boots
- high boots (preferably made of polyurethane foam)
- trekking poles (it is possible to rent in the tourist complex before the itinerary start)
- sneakers and flip-flops (light slippers)
- ground pad (karrimat)
- warm tracksuit and warm cap
- cotton gloves
- t-shirts 2-3 pcs.
- shorts
- wool socks 2 pairs
- 3-4 pairs of thin socks
- sun hat
- sunglasses and sunscreen
- swimsuit / swimming trunks
- lantern
- folding knife
- matches
- small battery
- personal set of dishes
- personal care items
- medicines: corn plasters, bandage, elastic bandage, iodine, painkillers, cold

included

Tour price includes:

- 3 meals a day (except meals on the way)
- program service
- guide services
- group and individual tourist equipment: tents, sleeping bags, mats, backpacks, campfire equipment, medical kit
- accommodation in the tent camp
- excursion to the village of Verkhny Uymon (6th day)
- entrance tickets to the Museum of Old Believers and the Roerichs Family Museum
- all transfers according to the program
- border permit
- visa invitation

Tour price does not include:

- meal on the way to Ust-Koksa
 - medical insurance
 - bathhouse (banya)
 - Laundry - 300 RUB
 - transfer to Ust-Koksa

Transfer Gorno-Altai - Ust-Koksa - Gorno-Altai - 5600 rubles

- Transfer for children up to 14 years Gorno-Altai - Ust-Koksa - Gorno-Altai - 5000 rubles

Additionally, during free time you can order:

- rafting on the Katun or Koksa rivers
- Apihouse (unique wellness procedure - sleep on bees)
- massage